



# Self Directed Support Advocacy

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Circles Advocacy - Moray

*At Circles SDS Moray, we're an independent, Scottish Government funded service here to support you or your loved ones, a child or adult, in applying for the support needed and making the most of the available budget. **We're here to help every step of the way...***

**Your Life | Your Care | Your Choice**

# What is Self Directed Support and what can you use it for?

SDS allows you to choose how your support is provided, and gives you as much control as you need over your individual budget.

There are four options provided to support the way your individual (*or personal*) budget can be accessed:

- Taken as a Direct Payment and you plan the service.
- Paid to a care provider that you choose.
- The council chooses and arranges the service for you.
- A combination of the first three options.

## Self directed support can be used in many ways.

You can arrange help at home, having a bath, getting washed and dressed.

It could also help you to:

- Enjoy your hobbies.
- Go to college.
- Continue or start a new job.

SDS could be used to have a short break (respite), or for equipment and temporary adaptations.

## How can we help you?

We are here to provide free and impartial information to help people and their carers in Moray access and effectively manage their own care and support budgets.

Our free service can help you:

- Figure out the care and support that's right for you.
- Clearly say what you want in life.
- Learn about all the options available to you.
- Create a care plan that helps make your life better.

You deserve a life that reflects your hopes, your needs, and your values. We're here to help you access the right support and make the most of your budget - **creating a personalised plan that helps you live not just the life you want, but the life you were meant to live.**

## Your choice - Your way.



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Do you need help in your daily life?

Are you waiting for a care assessment?

Are you being refused a service?

You can have choice and control over how your support is organised.

***This is called Self Directed Support.***

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Contact our Self Directed Support Team:

[info.moray@circlesnetwork.org.uk](mailto:info.moray@circlesnetwork.org.uk)



[circlesnetwork.org.uk](http://circlesnetwork.org.uk)

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